IN THE CLAIMS:

Please amend claims 1, 3-7, 9-10, 12-14, 16-18 as follows and withdraw claims 2, 11, and 19 without prejudice or disclaimer:

1. (Currently Amended) A position adjustment mechanism, comprising two cylindrical portions, a first one of the cylindrical portions being slidably disposed inside a second one of the cylindrical portions, wherein one of the cylindrical portions has at least three detents and the other cylindrical portion has at least three members for engaging in respective ones of said detents to hold said cylindrical portions in a first position, the members being removable from said detents to allow said cylindrical portions to move into a second position[[;]], wherein the detents and members are ~~equi-spaced~~ equally spaced around the first and second cylindrical portions.

2. (Withdrawn) A mechanism as claimed in claim 1, wherein the portions are biassed away from each other by a resilient means.

3. (Currently Amended) A mechanism as claimed in claim 1, wherein said~~cylinders~~ cylindrical portions have ~~are arranged with their~~ axes arranged generally vertical, and said detents are upwardly open.

4. (Currently Amended) A mechanism as claimed in claim 1, wherein said detents are formed on said first cylindrical portion.

5. (Currently Amended) A mechanism as claimed in claim 4, wherein said members are formed on said second cylindrical portion.

6. (Currently Amended) A mechanism as claimed in claim 5, wherein said detents each form part of a groove formed on said first cylindrical portion, said members engaging in respective said grooves.

7. (Currently Amended) A mechanism as claimed in claim 6, wherein said grooves form respective circuits, said members moving around their respective circuits as the cylindrical portions move from their first position to their second position and back to their first position.

8. (Original) A mechanism as claimed in claim 6, having an odd number of grooves and a corresponding odd number of members, greater than 1.

9. (Currently Amended) A mechanism as claimed in claim 1, where one of said cylindrical portions is in contact with a first body and the other of said cylindrical portions is in contact with a second body, motion of the cylindrical portions between the first position and the second position serving to adjust the distance between the bodies.

10. (Currently Amended) A mechanism according to claim 1, wherein a chamber is formed between the cylindrical portions, relative movement of the cylindrical portions being effected through ~~pressurising~~ pressurizing or ~~depressurising~~ depressurizing the chamber.

11. (Withdrawn) A mechanism according to claim 1, wherein the detents are aligned in the longitudinal axis of the cylindrical portions.

12. (Currently Amended) Apparatus for holding two elements at two longitudinally spaced positions, the apparatus comprising:

a) a cam circuit provided ~~to~~ on a first one of said elements; and

b) a cam follower provided ~~to~~ on a second one of the elements;

wherein the cam circuit directs the cam follower around the circuit as a result of alternating relative longitudinal ~~movements~~ movement of the first and second elements, relative longitudinal ~~movements~~ movement between the elements in one direction being effected through ~~pressurising~~ pressurizing or ~~depressurising~~ depressurizing a chamber formed between the elements.

13. (Currently Amended) Apparatus according to claim 12, wherein the first and second elements comprise respective first and second cylindrical portions, the first one of which is disposed inside the second.

14. (Currently Amended) Apparatus according to claim 13, wherein an end of the first cylindrical portion together with an internal bore of the second cylindrical portion form said chamber between the elements.

15. (Original) Apparatus according to claim 12, wherein said chamber has a combined fluid inlet/outlet.

16. (Currently Amended) Apparatus according to claim 12, and further comprising a plurality of cam circuit/cam follower combinations positioned non-diametrically ~~opposite~~ around ~~the~~ a circumference of the cylindrical portions.

17. (Currently Amended) Apparatus according to claim 16, wherein three such cam circuit/cam follower combinations are provided at equal intervals around ~~the~~ a circumference of the cylindrical portions.

18. (Currently Amended) Apparatus according to claim 12, wherein relative longitudinal ~~movements~~ movement between the elements in one direction ~~are~~ is effected through introducing a fluid under pressure into the chamber.

19. (Withdrawn) Apparatus according to claim 12, wherein relative longitudinal movements between the elements in one direction are effected through creating a vacuum within the chamber.